

**Additional file 4:** Example of the course programme for the initial five days and the two days follow-up of the multidisciplinary residential nutritional rehabilitation programme in the NUTRI-HAB Trial.

INITIAL RESIDENTIAL STAY					FOLLOW-UP RESIDENTIAL STAY AFTER 3 MONTHS	
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2
	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET		BREAKFAST BUFFET
	MORNING ASSEMBLY	MORNING ASSEMBLY	MORNING ASSEMBLY	MORNING ASSEMBLY		MORNING ASSEMBLY
Arrival			Physical activity (physiotherapist)	Motivation, goal setting and action plans (social worker and course leader)	Arrival	Physical activity (physiotherapist)
Welcome session with presentation of the programme (course leader and clinical dietitian)	Practical kitchen workshop (clinical dietitian)	Psychological reactions to cancer (psychologist)	Optional session: Fatigue and sleep problems (nurse) <i>OR</i> Vocational counselling (social worker)	Individual work and group discussion on action plans (social worker and course leader)	Welcome and presentation of the program (course leader and clinical dietitian)	Optional session: Sexuality and intimacy (sexologist) <i>OR</i> Meaning and values in life (psychologist)
Walk and talk					What's new within the last three months? (course leader and clinical dietitian)	
LUNCH BUFFET	LUNCH BUFFET	LUNCH BUFFET	LUNCH BUFFET	LUNCH BUFFET	LUNCH BUFFET	LUNCH BUFFET
Introduction round (course leader and central health professionals)	<u>DATA COLLECTION</u> Physical tests (physiotherapist)	Swallowing exercises (occupational therapist)	Dental problems and oral hygiene (dental hygienist)	Closing session and farewell (course leader and clinical dietitian)	<u>DATA COLLECTION</u> Physical tests (physiotherapist)	Closing session and farewell (course leader and clinical dietitian)
Theoretical session on eating problems (clinical dietitian)		Individual dietary counselling (clinical dietitian)	Individual counselling (depending on the participant's needs)		Individual dietary counselling (clinical dietitian)	
	Yoga (physiotherapist)		Massage therapy (massage therapist)			
DINNER	DINNER	DINNER	DINNER		DINNER	
Social activity	Group conversation on existence (priest)	(Possibility to go for a walk, watch movies, play games etc.)				